

Name: \_\_\_\_\_

Date: \_\_\_\_\_

### Needs Assessment: What Would Help Meet Your Needs?

"Remission of substance use and even full recovery can now be achieved if evidence based care is provided for adequate periods of time, by properly trained health care professionals, and augmented by supportive monitoring, RSS [recovery support services], and social services."

- *Facing Addiction in America: The Surgeon General's Report on Alcohol, Drugs, and Health*, 2016, page 1-19.

After medical care, with what do you most need help in terms of maintaining abstinence or harm reduction\*? Please rank order the topics listed in the chart below. Feel free to rank order all the possibilities or rank only the ones important to you.

Rank	Service
	Housing
	Rent or mortgage payment
	Transportation
	Employment
	Help with accessing job interview and/or employment readiness clothing, shoes, equipment, etc.
	Legal assistance (Please circle: criminal justice system, child custody, _____)
	Help with probation and/or parole
	Health insurance
	Help with accessing dental care
	Help with accessing vision care and/or glasses
	Help with accessing help with hearing care and/or hearing aids
	Accessing social services for help with money for rent, utilities, food, clothing, etc.
	Help with applying for Social Security disability benefits
	Child care/dependent care
	Pet care and/or help with accessing veterinary services
	Technology (Please circle: phone, desktop computer/laptop/tablet, Internet connection, _____)
	Financial and/or debt and/or budget counseling/consulting
	Education/ job training/re-training
	Consulting services for starting a business
	Help with meeting requirements for monitoring programs (example: Health Practitioners' Monitoring Program, HPMP)
	Help with sleep
	Help with quitting smoking or other tobacco products
	Help with monitoring, reducing or eliminating caffeine intake
	Nutrition counseling
	Movement or exercise (Please circle: exercise buddy, gym membership, personal coach, _____)
	Help with relationships: with partner, spouse, children, family, employers, employees, etc.
	Discussions with informed and/or interested others about purpose and meaning
	Spiritual or religious counseling
	Daily contact via text or phone with someone who cares about your recovery
	Instruction in mindfulness and/or meditation
	Support groups – AA, NA, SMART Recovery, Celebrate Recovery, others
	Substance-free community and/or public activities and events
	Social support/community membership/feeling of connection and/or belonging

Please write a brief answer to the questions below in the blanks provided.

What were your top 3 priorities from the chart?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

What topics or issues that trouble you were not listed in the chart that you think might interfere with your abstinence or maintenance of harm reduction?

1. \_\_\_\_\_
2. \_\_\_\_\_

What do you do on your own that you find of general help in supporting your abstinence or maintenance of harm reduction?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

From the information you compiled above, if you could select the top issue today that might most interfere with your ability to stay abstinent or maintain harm reduction, what would that issue be?

\_\_\_\_\_

What is one small step you think you might be able to take on your own—to assist with what you're currently doing—that might make a small improvement in that issue and possibly increase the likelihood of staying abstinent or maintaining harm reduction?

\_\_\_\_\_

With what issue might you be open to asking someone for help?

\_\_\_\_\_

Question for thought: In what specific ways might what you experienced and learned from completing this exercise be helpful to you?

\*In the substance use disorder treatment field, the term "harm reduction" is defined as using medications to assist with abstinence from problematic substances, and/or using lesser amounts of problematic substances, using them less often, and/or replacing highly problematic substances with less problematic substances.

*This content is for informational purposes only and is not a substitute for medical or professional advice. Consult a qualified health care professional for personalized medical and professional advice.*

Source: <http://www.annegiles.com/guide/>